

Taco Salad

Meal Components: Vegetable - Red / Orange, Grains, Meat / Meat Alternate

Salads, E-10

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Raw ground beef (no more than 15% fat)	6 lb 6 oz		12 lb 12 oz		1. Brown ground beef. Drain. Continue to next step immediately. 2. Add onions, salt, granulated garlic, pepper, tomato paste, water, chili powder, cumin, paprika, and onion powder. Blend well. Bring to boil. Reduce heat. Simmer for 25-30 minutes.
*Fresh onions, chopped	5 oz	3/4 cup 2 Tbsp	10 oz	1 3/4 cups	
OR	OR	OR	OR	OR	
Dehydrated onions	1 oz	1/2 cup	2 oz	1 cup	
Salt		1 Tbsp		2 Tbsp	
Granulated garlic		1 Tbsp 1 1/2 tsp		3 Tbsp	
Ground black or white pepper		2 tsp		1 Tbsp 1 tsp	
Canned low-sodium tomato paste	14 oz	1 1/2 cups 1 Tbsp (1/8 No. 10 can)	1 lb 12 oz	3 cups 2 Tbsp (1/4 No. 10 can)	
Water		1 qt 1 cup		2 qt 2 cups	
Chili powder		2 Tbsp		1/4 cup	

Paprika		1 1/2 tsp		1 Tbsp	
Onion powder		1 1/2 tsp		1 Tbsp	
*Fresh lettuce, shredded, chilled	4 lb	2 gal	8 lb	4 gal	3. Combine lettuce and tomatoes. Toss lightly. Refrigerate until ready to serve.
*Fresh tomatoes, diced, chilled	1 lb 13 oz	1 qt	3 lb 10 oz	2 qt	
Whole grain-rich taco shell pieces	2 lb 13 oz	1 gal 2 1/2 qt	5 lb 10 oz	3 gal 1 qt	
OR	OR	OR	OR	OR	
Whole grain-rich tostada shells (0.9oz each)	2 lb 13 oz	50	5 lb 10 oz	100	
Reduced fat cheddar cheese, shredded	1 lb 10 oz	1 2 1/2 cups	3 lb 4 oz	3 qt 1 cup	

4. Serving suggestions**: Assemble each salad as follows, or in preferred order: 1st layer: about 0.9 oz (approximately ½ cup) taco shell pieces or 1 tostada shell; 2nd layer: 1 ¾ oz (approximately ¾ cup) lettuce and tomato mixture;

Notes

Comments:
*See Marketing Guide.

****Alternate serving suggestions:**

- (1) Preportion 1 3/4 oz (approximately 3/4 cup) lettuce and tomato mixture and 1/2 oz (2 Tbsp) shredded cheese into individual soufflé cups. Refrigerate until ready to serve.
- (2) Transfer meat mixture and taco shell pieces or tostada shells into pans. Serve at least 0.9 oz (approximately 1/2 cup) taco shell pieces or 1 tostada shell. Top with No. 12 scoop (1/3 cup) meat mixture. Add 1 preportioned soufflé cup of lettuce and tomato mixture and 1 preportioned soufflé cup of shredded cheese. Instruct children how to "build" their own taco salad.

Special Tip:

If desired, serve with taco sauce.

A new nutrient analysis will be coming. Updated July 2014. Restandardization in progress.

Marketing Guide		
Food as Purchased for	50 Servings	50 Servings
Mature onions	6 oz	12 oz
Head lettuce	5 lb 5 oz	10 lb 10 oz
Tomatoes	2 lb 2 oz	4 lb 4 oz

Serving	Yield	Volume
1 salad provides 2 oz equivalent meat/meat alternate, 1/8 cup red/orange vegetable, 3/8 cup other vegetable, and 3/4 oz equivalent grains.	50 Servings: about 17 lb 13 oz 100 Servings: about 35 lb 10 oz	50 Servings: 1 gallon 1/2 cup (meat filling) 50 salads 100 Servings: 2 gallons 1 cup (meat filling) 100 salads

Nutrients Per Serving					
Calories	296	Saturated Fat	6 g	Iron	2 mg
Protein	18 g	Cholesterol	46 mg	Calcium	201 mg
Carbohydrate	20 g	Vitamin A	672 IU	Sodium	590 mg
Total Fat	16 g	Vitamin C	8 mg	Dietary Fiber	3 g